

EG RODDE MEG UT

(Norway)

**Source:** Eg rodde meg ut is a traditional couple song-dance from the Faroe Islands where the original form, Stordans, using just two steps, Attersteg (side-ward step) and Kvilesteg (moving in RLOD), is still preserved. Additional steps and movements have been created during the past 50 years and are now done throughout Norway. Published in Norske Folkedansar II, Noregs Boklag Oslo 1956.

**Music:** Words and music appear on page 169. 3/4 meter.  
Published in Norske Folkedansar I, Noregs Boklag Oslo 1961.

**Formation:** Cpls in a circle, W to R of ptr in Firm Hold: everyone extend L arm twd person to L. Everyone reach over neighbor's L arm and grasp neighbor's L hand with own R hand. Hold should be firm and snug with L arms tucked securely under R arms.

**Steps:** Closed Ballad Step: (2 meas). Step L in RLOD (ct 1). Close R to L (ct 2). Step L in RLOD (ct 3). Close R to L, no wt (ct 1). Step R in RLOD (ct 2). Close L to R, no wt (ct 3).

Meas PatternI. FIRST CLOSED BALLAD STEP

1-8 Dance 4 Closed Ballad Steps in RLOD. On cts 2, 3 of meas 8, release hands and M turn CW to face ptr.

II. FIGHT

9 M pretends to strike W cheek with his R hand. W claps L hand into her R hand held near her R knee, ducking to R (ct 1). Hold (ct 2).

10 Repeat action of meas 9, Part II with M and W roles reversed.

11-12 Repeat action of meas 9-10, Part II, once more.

III. SECOND CLOSED BALLAD STEP

13-16 Take Firm Hold and dance 2 Closed Ballad Steps in RLOD.

IV. TURN

17 Release Firm Hold. M face ptr, all place R arm on ptr waist, L arm shoulder high. Turn once CW with three step-hops, L (ct 1), R (ct 2), L (ct 3). W moves to M R side during ct 3 and all face ctr.

18 Join hands low (ct 1). Raise joined hands high (ct 2). Hold (ct 3).

Song and dance are usually performed twice.

**NOTE:** The counts to be used with each step are shown just below the corresponding words and music in the accompanying musical notation.

Presented by Bruce Taylor